



Guidance notes for message to parents/ carers

Thank you SO much for registering your school for our Sport Relief Schools 'Be a Good Sport' challenge! We've drafted a note to parents to help you explain the challenge and how they can get involved. Just fill in a few details on the next page (including the link to your Sport Relief Just Giving page) and send it out however you like.

If you'd like to include a bit more about Sport Relief and why it's SO brilliant that you're taking part, here are a few quick facts that you could add in to the letter:

What is Sport Relief?

- Sport Relief is a fundraising event run by Comic Relief.
- Comic Relief is a UK charity which aims to create a just world free from poverty and injustice.
- Sport Relief is funding organisations here in the UK and around the world that are using the power of sport to change lives.

Why we're taking part in the Sport Relief Schools 'Be a Good Sport' challenge

- Pupils gain an understanding and empathy for others in the world and learn that what they do can make a difference.
- It's a great way for children to be active and make some positive memories over the summer holidays.
- The activity sheet is a lovely thing for children to bring into their new class and a great way for teachers to get to know a bit more about them when we come back to school in September.
- We will be holding a sport themed mufti day in September to celebrate all the children with all money raised going to Sport Relief.

Where the money goes

- **£5** could pay for a vulnerable child in the UK to go to an after-school club for one week- so they can socialise and improve their mental wellbeing.
- **£30** could help provide 150 meals to families in need in the UK.
- **£50** could go towards providing mental health therapy as part of a sports project.

Thank you so much for being part of the good sports movement this summer – doing good and feeling good! You're great!



Dear Parents/Carers,

Will you and your children Be a Good Sport this Summer?

This summer holiday we are joining a nation of good sports coming together to get active and support communities in need for Sport Relief.

We have registered **<insert school name>** for the Sport Relief 'Be a Good Sport' challenge and we now need your help to complete it so that our school is in with a chance of winning a **£1,000 Sainsbury's or Argos voucher!**

It's simple to take part and a brilliant way to keep your children active over the summer, to make some wonderful family memories and to do some good. We'll also be using it in class in September to welcome the children back, and get to know our new classes.

Here's how it works:

1. We will show the children an assembly about Sport Relief and the Be a Good Sport Challenge on **<insert date here>**.
2. They will be set the challenge of completing 6 simple, flexible activities over the Summer holidays. You don't need fancy equipment, and the activities suit everyone, not just our most active children.
3. You can register to find out more about the 6 activities here: **comicrelief.com/beagoodsport/register** and you'll receive additional updates and resources to help you be the best sport you can be over the summer holidays.
4. With your help (and a few surprises from some superstars along the way), the children complete the 6 simple activities and fill in their activity checklist.
5. The children return in September with their completed activity checklist to show their teacher (this is a lovely way for a teacher to get to know their new class).
6. For every completed activity checklist we upload, we get an entry into a prize draw to win **£1,000 from Sainsbury's or Argos!**

Be a Good Sport for your own health and wellbeing this summer. You can find out more about the Be a Good Sport Challenge and Sport Relief at **comicrelief.com/sportrelief/schools**.

To help you complete the challenge, we have set up a Sport Relief Just Giving Team page: **<insert your Just Giving team page here>**. This allows us to collectively take part in the fundraising challenge. You can find step by step instructions on their webpage.

Go on, do good, do sport. Be a Good Sport. Thank you.

Yours faithfully,
<Insert school name here>